

S.I.T.T. (Supporting Individuals Through Trauma)

A Total Wellness Approach

	Duration	Audience	TOPICS		Teaching Tools
S.I.T.T. LEVEL 1 (certificate of attendance)	3-4 hours	<ul style="list-style-type: none"> • Front line members • Civilian staff • Senior Staff 	<ul style="list-style-type: none"> • Stress vs. Critical Incident Stress • What causes stress? • Stress Response – Fight-Flight-Freeze • Mental Health Continuum • Types of stress reactions • Signs and Symptoms • PTS(D) • Self-care 	<ul style="list-style-type: none"> • Health and Nutrition • How stress effects the family • Stress and Children • Social Media best practices • What is Peer Support • Value of Peer Support • Stigma • Resources 	<ul style="list-style-type: none"> • Power Point presentation • Videos • Self-assessment • Handouts
S.I.T.T. LEVEL 2 (certificate of attendance)	3-4 hours	<ul style="list-style-type: none"> • Senior staff, leaders, supervisors or other employees in leadership roles 	<ul style="list-style-type: none"> • Understanding the impact – leadership responsibilities • Resistance resiliency & recovery • Leadership in times of Crisis • Supporting Individuals in Crisis • Effective Communication • Scenario based practical exercises 	<ul style="list-style-type: none"> • Healthy and safe workplace - Standards • Implementing a CISM program • Policy and procedures • Resources • Strategic planning • Return to work 	<ul style="list-style-type: none"> • Power Point presentation • Videos • Practical exercises • Handouts
For Better or for Worse LEVEL 3	2-3 HOUR	<ul style="list-style-type: none"> • Spouses/partners 	<ul style="list-style-type: none"> • Stress vs. Critical Incident Stress • What causes stress? • Stress Response – Fight-Flight-Freeze • Mental Health Continuum • Types of Stress reactions • Signs and Symptoms • PTSD • How can I support my spouse? 	<ul style="list-style-type: none"> • Empathy vs. Sympathy • Compassion Fatigue • Self-care • Health and Nutrition • How Stress effects the family • Stress and Children • Social Media best practices • Resources 	<ul style="list-style-type: none"> • Power Point presentation • Videos • Self-assessment • Handouts

